

KSPLA
Kerala State Equipped Bench Press Championship 2025
V K Krishna Menon Indoor Stadium, Kozhikode - 29-11-2025 to 01-12-2025
Final Results

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Open - 59kg												
1	VISHNU U	05-05-1993	ALP	58.93	0.493506	80.0	90.0	400.0 90.0	90.0	12	44.415540	10
2	ABIN E S	08-03-1996	KTM	58.70	0.495923	70.0	77.5 77.5	77.5	77.5	9	38.434033	14
Open - 66kg												
1	BIBIN JOY	19-03-1996	TCR	66.00	0.433873	160.0	170.0	177.5	177.5	12	77.012458	1 
2	ASHRAF K M	31-07-1991	KSD	64.10	0.447517	400.0 100.0	100.0	405.0 100.0	100.0	9	44.751700	9
3	AKSHAIN P AJEESH	11-04-1999	EKM	64.90	0.441593	80.0	87.5 87.5	87.5 80.0	80.0	8	35.327440	17
4	ARAVINDH B	02-04-1988	EKM	64.90	0.441593	55.0	65.0 65.0	65.0 55.0	55.0	7	24.287615	20
-	E ABHIJITH KRISHNA	19-06-2004	KLM	64.10	0.447517	85.0 90.0	90.0 90.0	90.0 -	-	-	-	-
Open - 74kg												
1	VINEETH V	28-05-1992	ALP	70.90	0.404542	440.0 145.0	145.0	160.0	160.0	12	64.726720	4
2	AMAL SOMAN	30-11-1997	TCR	73.65	0.391012	90.0	97.5	100.0	100.0	9	39.101200	12
3	AGRAJ K	15-11-2005	KLM	68.35	0.418863	85.0 92.5	92.5	97.5 92.5	92.5	8	38.744828	13
Open - 83kg												
1	VIGNESH VR	31-08-1999	TVM	82.40	0.357788	180.0	190.0	195.0	195.0	12	69.768660	3 
2	MIRSHAD PK	05-04-1994	KKD	81.55	0.360489	170.0	477.5 X	X	170.0	9	61.283130	5
3	ABHISHEK ANSON	25-02-2004	TVM	81.75	0.359845	90.0 90.0	90.0	100.0	100.0	8	35.984500	16
Open - 93kg												
1	BALAGOPAL UNNITHAN	04-06-2000	ALP	89.40	0.338736	200.0	210.0	212.5	212.5	12	71.981400	2 
2	NEVIL THOMAS ALEX	16-11-2001	KSD	91.35	0.334287	165.0	480.0 165.0	480.0 165.0	165.0	9	55.157355	7
3	SALMAN S	26-06-2000	EKM	88.75	0.340294	125.0	440.0 140.0	440.0 125.0	125.0	8	42.536750	11
Open - 105kg												
1	SHIBIN S	23-12-2001	KLM	93.10	0.330560	140.0	170.0	490.0 170.0	170.0	12	56.195200	6
2	EVAN BINU CHIRAYATH	17-09-2005	KLM	93.10	0.330560	100.0	107.5	115.0	115.0	9	38.014400	15
3	ABDUL SINAN HP	11-11-2001	KSD	97.60	0.321991	65.0 65.0	65.0	70.0	70.0	8	22.539370	21
Open - 120kg												
1	MUHAMMED RAHOOF NP	30-08-1991	KKD	120.00	0.294178	100.0	105.0	112.5	112.5	12	33.095025	18
2	MUHAMMED RIZVY MANZOOR	27-10-1986	KNR	109.10	0.305254	95.0	105.0	442.5 105.0	105.0	9	32.051670	19
Open - 120+Kg												
1	SRIHARI P V RAJ	07-01-1999	KNR	120.20	0.294007	150.0	165.0	175.0	175.0	12	51.451225	8
2	ASWIN A	21-09-2001	TVM	127.90	0.288138	60.0	X	X	60.0	9	17.288280	22

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	BIBIN JOY	TCR	66kg	66.00	0.433873	177.5	77.012458
2	BALAGOPAL UNNITHAN	ALP	93kg	89.40	0.338736	212.5	71.981400
3	VIGNESH VR	TVM	83kg	82.40	0.357788	195.0	69.768660

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	36	12+12+12	181.123660
2	KOLLAM	29	12+9+8	132.954428
3	THIRUVANANTHAPURAM	29	12+9+8	123.041440
4	KASARAGOD	26	9+9+8	122.448425
5	ERNAKULAM	23	8+8+7	102.151805
6	THRISSUR	21	12+9	116.113658
7	KOZHICODE	21	12+9	94.378155
8	KANNUR	21	12+9	83.502895
9	KOTTAYAM	9	9	38.434033

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Sub Junior - 53kg												
1	ATHUL RAJ S S	02-05-2007	ALP	50.60	0.612950	75.0	80.0	85.0	85.0	12	52.100750	3 
2	MOHAMED SHAAN S	24-09-2009	KSD	51.10	0.603338	80.0	85.0	90.0 85.0	85.0	9	51.283730	4
3	ABDUL RAHMAN ANAS ANCHU	17-08-2008	KSD	52.70	0.575191	60.0	67.5	72.5 67.5	67.5	8	38.825393	17

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
4	ABHISHEK C A	18-11-2007	ALP	52.10	0.585308	55.0	60.0	72.5	60.0	7	35.118480	23
5	MUHAMMED YASEEN KS	25-08-2011	EKM	38.25	-	20.0	25.0	30.0	30.0	6	-	-
Sub Junior - 59kg												
1	HRITHURAJ P. S	23-05-2007	WYD	58.45	0.498593	100.0	102.5	105.0	105.0	12	52.352265	2 
2	MUHAMMED MUSHRAF R	09-10-2007	ALP	56.45	0.521679	70.0	80.0	90.0	90.0	9	46.951110	5
3	MUHAMMED T K	19-03-2009	KNR	58.90	0.493819	80.0	90.0	92.5	90.0	8	44.443710	8
4	DAREL DUGSTER KOMATH	04-04-2008	EKM	59.00	0.492778	80.0	85.0	92.5	85.0	7	41.886130	12
5	ADITHYA RAJESH	11-02-2008	KTM	58.50	0.498056	60.0	65.0	72.5	65.0	6	32.373640	29
6	ABHINAV RAJ K	05-03-2009	KNR	56.60	0.519833	55.0	55.0	65.0	55.0	5	28.590815	32
Sub Junior - 66kg												
1	SREE HARI	09-10-2007	ALP	65.00	0.440871	115.0	120.0	125.0	120.0	12	52.904520	1 
2	SINAN AHAMMED	22-07-2008	TVM	65.60	0.436626	100.0	105.0	105.0	105.0	9	45.845730	6
3	ZAHD MAHAMOOD O	07-08-2008	KNR	62.45	0.460643	80.0	90.0	92.5	90.0	8	41.457870	13
4	AKSHAY KRISHNA S	16-05-2009	ALP	64.30	0.446010	80.0	80.0	92.5	80.0	7	35.680800	21
5	ABDUL JAFAR SADHIK	23-04-2008	KSD	61.30	0.470592	70.0	75.0	80.0	75.0	6	35.294400	22
-	SHASANK KVS	11-03-2007	KLM	64.70	0.443049	95.0	97.5	102.5	-	-	-	-
Sub Junior - 74kg												
1	WILLIAM JOHN	09-05-2008	EKM	70.90	0.404542	100.0	105.0	112.5	105.0	12	42.476910	10
2	MUSTHAFA SHAHAL K V	07-10-2009	KNR	69.05	0.414743	90.0	95.0	97.5	97.5	9	40.437443	16
3	ABHINAND K V	12-06-2008	KNR	70.60	0.406132	90.0	95.0	112.5	95.0	8	38.582540	18
4	SANGEETH P	22-11-2008	KKD	72.15	0.398167	77.5	82.5	92.5	82.5	7	32.848778	27
5	SAFIN SANOJ KHALID	12-11-2010	ALP	72.55	0.396208	52.5	60.0	62.5	60.0	6	23.772480	36
6	ANANTHABHADRAN R	06-06-2009	ALP	73.20	0.393105	52.5	57.5	57.5	52.5	5	20.638013	37
Sub Junior - 83kg												
1	PRANAV S	27-03-2007	ALP	82.30	0.358101	115.0	115.0	140.0	115.0	12	41.181615	14
2	FERIX PAULSON	20-02-2008	EKM	77.50	0.374796	90.0	97.5	102.5	97.5	9	36.542610	20
3	ASWIN DAS P V	09-02-2008	KNR	77.95	0.373079	80.0	90.0	92.5	92.5	8	34.509808	24
4	MUHAMMED MIDILAJ	02-01-2008	KNR	80.00	0.365672	90.0	95.0	95.0	90.0	7	32.910480	26
5	AMAN AJIYAS	16-02-2007	TVM	78.85	0.369745	80.0	80.0	95.0	80.0	6	29.579600	30
Sub Junior - 93kg												
1	HUSSEY AS	03-01-2009	TVM	83.30	0.355029	105.0	117.5	127.5	127.5	12	45.266198	7
2	MUHAMMAD IMRAN KP	24-05-2007	KKD	87.20	0.344168	110.0	120.0	125.0	125.0	9	43.021000	9
3	SABAREESH ANILKUMAR E	11-06-2008	EKM	89.70	0.338030	110.0	115.0	125.0	125.0	8	42.253750	11
4	MOHAMMAD ZIDAN ALI	17-12-2007	KSD	83.70	0.353835	105.0	115.0	122.5	115.0	7	40.691025	15
5	KARTHIK P PRADEEP	16-01-2007	KTM	83.10	0.355633	90.0	95.0	105.0	95.0	6	33.785135	25
6	MOHMED ADIL	08-10-2008	KLM	87.35	0.343783	75.0	85.0	105.0	85.0	5	29.221555	31
7	GOKUL UNNI	06-01-2008	KNR	83.45	0.354579	75.0	77.5	X	75.0	4	26.593425	34
8	MUHAMMED YASEEN AH	29-09-2007	ALP	90.45	0.336300	65.0	72.5	75.0	75.0	3	25.222500	35
Sub Junior - 105kg												
1	ARJUN RB	08-10-2007	TVM	99.70	0.318433	110.0	117.5	120.0	120.0	12	38.211960	19
2	MOHAMMAD SAHAL	02-06-2009	KSD	93.10	0.330560	80.0	80.0	85.0	85.0	9	28.097600	33
Sub Junior - 120kg												
1	AKSHAY KRISHNA.S	04-11-2009	TCR	107.40	0.307347	65.0	72.5	72.5	65.0	12	19.977555	38
Sub Junior - 120+Kg												
1	SEBASTIAN RAJ S	04-01-2009	TVM	124.00	0.290946	77.5	100.0	112.5	112.5	12	32.731425	28

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	SREE HARI	ALP	66kg	65.00	0.440871	120.0	52.904520
2	HRITHURAJ P. S	WYD	59kg	58.45	0.498593	105.0	52.352265
3	ATHUL RAJ S S	ALP	53kg	50.60	0.612950	85.0	52.100750

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	52	12+12+12+9+7	228.818795
2	THIRUVANANTHAPURAM	51	12+12+12+9+6	191.634913
3	ERNAKULAM	42	12+9+8+7+6	163.159400
4	KANNUR	41	9+8+8+8+8	199.431371
5	KASARAGOD	39	9+9+8+7+6	194.192148
6	KOZHIKODE	16	9+7	75.869778
7	WAYANAD	12	12	52.352265
8	THRISSUR	12	12	19.977555
9	KOTTAYAM	12	6+6	66.158775
10	KOLLAM	5	5	29.221555

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL	Points	Place
Junior - 53kg													
1	MICHAEL SEBASTIAN	14-10-2003	TVM	52.65	0.576015	80.0	87.5	95.0	87.5	12	50.40	1313	14
2	BIBIN KP	09-05-2002	EKM	52.60	0.576842	65.0	65.0	75.0	65.0	9	37.49	4730	21
Junior - 59kg													
1	ABDUL ASHAD RAISHAN	15-05-2002	KSD	57.50	0.509161	447.5	422.5	122.5	122.5	12	62.37	2223	2 
2	ARJUN KRISHNA T.S	04-05-2004	ALP	56.70	0.518614	107.5	112.5	117.5	117.5	9	60.93	7145	4
3	AKASH KRISHNA	15-09-2003	KTM	56.60	0.519833	65.0	70.0	75.0	75.0	8	38.98	7475	20
4	ROOBEN VARGHESE SAMUEL	01-04-2005	EKM	57.70	0.506879	70.0	72.5	75.0	70.0	7	35.48	1530	23
5	MATHEW ABRAHAM	07-05-2005	EKM	59.00	0.492778	60.0	67.5	72.5	67.5	6	33.26	2515	25
Junior - 66kg													
1	YADHAVENDH P	20-06-2005	KKD	65.60	0.436626	132.5	142.5	450.0	142.5	12	62.21	9205	3 
2	ADHARSH LAL	25-09-2002	TVM	62.20	0.462747	420.0	120.0	430.0	120.0	9	55.52	9640	8
3	GEORGE JOSEPH	23-01-2003	EKM	62.10	0.463597	50.0	60.0	60.0	50.0	8	23.17	9850	30
Junior - 74kg													
1	SREEHARI S KUMAR	23-09-2006	KNR	71.65	0.400670	120.0	130.0	137.5	137.5	12	55.09	2125	10
2	MOHAMMAD JEZEE	11-04-2006	KSD	66.65	0.429529	120.0	130.0	135.0	135.0	9	57.98	6415	6
3	ABHINAV H S	29-07-2005	TVM	72.85	0.394764	110.0	117.5	432.5	117.5	8	46.38	4770	15
4	AUSTIN SIMON	15-03-2006	EKM	69.80	0.410491	100.0	440.0	447.5	100.0	7	41.04	9100	17
5	MADHAV P PRADEEP	24-03-2005	KTM	69.15	0.414166	85.0	90.0	90.0	90.0	6	37.27	4940	22
-	ABHINANTH P S	27-04-2002	EKM	71.45	0.401688	90.0	90.0	90.0	-	-	-	-	-
Junior - 83kg													
1	ARJUN A J	16-09-2005	TVM	78.10	0.372514	160.0	175.0	185.0	185.0	12	68.91	5090	1 
2	DHARVESH EBRAHIM GOUSU	17-03-2003	TCR	82.75	0.356703	165.0	475.0	485.0	165.0	9	58.85	5995	5
3	ABDUL ASHFAK	13-07-2002	KSD	79.05	0.369022	140.0	150.0	465.0	150.0	8	55.35	3300	9
4	AJIN M S	27-03-2003	TVM	79.20	0.368484	135.0	145.0	452.5	145.0	7	53.43	0180	12
5	SHIVANAND R	20-06-2005	KLM	81.45	0.360814	100.0	110.0	115.0	115.0	6	41.49	3610	16
6	ABHIJITH RAHESH	11-03-2006	ALP	78.40	0.371396	95.0	440.0	440.0	95.0	5	35.28	2620	24
7	RAJ SINGH	15-12-2004	EKM	78.90	0.369564	80.0	85.0	90.0	90.0	4	33.26	0760	26
8	MITHUN KRISHNA	27-10-2005	KLM	82.70	0.356857	90.0	405.0	405.0	90.0	3	32.11	7130	28
Junior - 93kg													
1	PRANAV G	20-09-2005	ALP	92.90	0.330974	170.0	480.0	480.0	170.0	12	56.26	5580	7
2	PRANAV S S	01-11-2003	TVM	88.50	0.340903	445.0	145.0	150.0	150.0	9	51.13	5450	13
3	MOHAMMED HADI K.A	27-12-2006	KSD	91.70	0.333522	120.0	435.0	435.0	120.0	8	40.02	2640	18
4	NANDAKUMAR GOVIND	07-01-2004	KLM	84.05	0.352806	80.0	92.5	95.0	92.5	7	32.63	4555	27
Junior - 105kg													
1	ADITHYAN S N	19-08-2002	TVM	96.70	0.323597	155.0	165.0	170.0	170.0	12	55.01	1490	11
2	ABHINAV SANTHOSH	25-04-2005	KNR	93.80	0.329135	110.0	120.0	430.0	120.0	9	39.49	6200	19
Junior - 120kg													
1	SANOOP U	15-11-2006	EKM	110.10	0.304075	80.0	90.0	100.0	100.0	12	30.40	7500	29

Best Lifter - Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ARJUN A J	TVM	83kg	78.10	0.372514	185.0	68.915090
2	ABDUL ASHAD RAISHAN	KSD	59kg	57.50	0.509161	122.5	62.372223
3	YADHAVENDH P	KKD	66kg	65.60	0.436626	142.5	62.219205

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM	54	12+12+12+9+9	280.992983
2	ERNAKULAM	43	12+9+8+7+7	167.612710
3	KASARAGOD	37	12+9+8+8	215.734578
4	ALAPPUZHA	26	12+9+5	152.485345
5	KANNUR	21	12+9	94.588325
6	KOLLAM	16	7+6+3	106.245295
7	KOTTAYAM	14	8+6	76.262415
8	KOZHIKODE	12	12	62.219205
9	THRISSUR	9	9	58.855995

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL	Points	Place
Master 1 - 59kg													
1	MANAS C P	27-08-1979	KKD	58.20	0.501308	65.0	72.5	77.5	77.5	12	38.85	1370	9
2	RIBIN AS	29-03-1983	EKM	50.40	0.616914	40.0	45.0	45.0	40.0	9	24.67	6560	15

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 1 - 66kg												
1	RAJESH M K	03-05-1978	KNR	64.70	0.443049	120.0	130.0	135.0	135.0	12	59.811615	2 
2	SAJITH S	15-03-1980	ALP	65.90	0.434556	110.0	120.0	425.0	120.0	9	52.146720	3 
3	ROBERT ANTONY V	04-04-1982	EKM	64.90	0.441593	75.0	80.0	80.0	75.0	8	33.119475	10
Master 1 - 74kg												
1	SUNIL KUMAR MV	25-05-1982	EKM	71.60	0.400924	90.0	97.5	100.0	100.0	12	40.092400	6
2	FAYAS E A	19-12-1985	EKM	71.95	0.399161	90.0	97.5	97.5	97.5	9	38.918198	8
3	BHARATH KUMAR R	21-05-1976	KNR	73.50	0.391705	75.0	75.0	82.5	82.5	8	32.315663	12
4	ASHEEF B	01-01-1981	KSD	74.00	0.389416	65.0	72.5	82.5	72.5	7	28.232660	14
Master 1 - 83kg												
1	KALEEMULLA PM	29-03-1979	KSD	75.45	0.383073	90.0	405.0	105.0	105.0	12	40.222665	5
2	BIJU ANIYERI	12-03-1981	KNR	80.80	0.362955	85.0	92.5	400.0	85.0	9	30.851175	13
-	SOJAN KJ	10-12-1980	EKM	77.25	0.375765	90.0	400.0	400.0	-	-	-	-
-	GODWIN GEORGE	20-08-1983	EKM	74.10	0.388964	75.0	80.0	80.0	-	-	-	-
Master 1 - 93kg												
1	SURESH BABU S	02-11-1985	TVM	87.60	0.343146	175.0	480.0	480.0	175.0	12	60.050550	1 
2	SIVAKUMAR M	13-04-1985	TCR	88.15	0.341766	80.0	87.5	95.0	95.0	9	32.467770	11
Master 1 - 105kg												
1	MANISH K C	22-10-1977	KNR	93.10	0.330560	120.0	X	X	120.0	12	39.667200	7
2	CHRISTY NAINAN	11-08-1982	KTM	100.90	0.316512	40.0	45.0	65.0	45.0	9	14.243040	16
Master 1 - 120kg												
1	SHANAVAS KC	08-09-1982	KNR	115.30	0.298504	150.0	160.0	165.0	165.0	12	49.253160	4

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	SURESH BABU S	TVM	93kg	87.60	0.343146	175.0	60.050550
2	RAJESH M K	KNR	66kg	64.70	0.443049	135.0	59.811615
3	SAJITH S	ALP	66kg	65.90	0.434556	120.0	52.146720

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	53	12+12+12+9+8	211.898813
2	ERNAKULAM	38	12+9+9+8	136.806633
3	KASARAGOD	19	12+7	68.455325
4	THIRUVANANTHAPURAM	12	12	60.050550
5	KOZHIKODE	12	12	38.851370
6	ALAPPUZHA	9	9	52.146720
7	THRISSUR	9	9	32.467770
8	KOTTAYAM	9	9	14.243040

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 2 - 59kg												
1	JOHN PAUL ROY	31-01-1969	EKM	58.90	0.493819	67.5	72.5	75.0	75.0	12	37.036425	6
Master 2 - 74kg												
1	PADMAJAN PV	03-04-1974	KNR	74.00	0.389416	105.0	442.5	442.5	105.0	12	40.888680	2 
2	SANTHOSH KUMAR	11-11-1971	TCR	73.75	0.390553	80.0	90.0	405.0	90.0	9	35.149770	7
3	SREENATH K	31-05-1973	KNR	71.50	0.401433	50.0	57.5	X	57.5	8	23.082398	8
Master 2 - 83kg												
1	DILJITH KK	31-05-1969	KNR	79.05	0.369022	120.0	427.5	427.5	120.0	12	44.282640	1 
2	SASI V	18-04-1969	PKD	78.50	0.371026	105.0	110.0	442.5	110.0	9	40.812860	3 
3	KISHOR KUMAR S	18-05-1975	ALP	80.35	0.364472	95.0	105.0	445.0	105.0	8	38.269560	5
Master 2 - 93kg												
1	UDAYA S	13-07-1972	KNR	84.30	0.352080	60.0	70.0	75.0	60.0	12	21.124800	9
2	SOORAJ K	07-04-1975	KNR	86.15	0.346928	50.0	55.0	57.5	57.5	9	19.948360	10
Master 2 - 105kg												
1	SAJID PV	25-05-1973	KNR	93.30	0.330149	100.0	110.0	120.0	120.0	12	39.617880	4
2	SHABU ANTONY	31-05-1971	TCR	99.90	0.318108	50.0	60.0	65.0	60.0	9	19.086480	11

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	DILJITH KK	KNR	83kg	79.05	0.369022	120.0	44.282640
2	PADMAJAN PV	KNR	74kg	74.00	0.389416	105.0	40.888680
3	SASI V	PKD	83kg	78.50	0.371026	110.0	40.812860

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	57	12+12+12+12+9	165.862360
2	THRISSUR	18	9+9	54.236250
3	ERNAKULAM	12	12	37.036425
4	PALAKKAD	9	9	40.812860
5	ALAPPUZHA	8	8	38.269560

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 3 - 59kg												
1	PRADEEP KUMAR V K	06-04-1963	KNR	48.55	0.657215	40.0	45.0	47.5	47.5	12	31.217713	3 
Master 3 - 66kg												
1	EDACHERY MOHAN	26-11-1964	KNR	59.30	0.489694	60.0	65.0	67.5	67.5	12	33.054345	2 
Master 3 - 74kg												
1	PRASANNAN NAIR	24-12-1962	KNR	70.20	0.408289	45.0	47.5	50.0	50.0	12	20.414450	5
-	HEMACHANDRAN B	20-11-1957	KLM	71.80	0.399913	440.0	445.0	445.0	-	-	-	-
Master 3 - 83kg												
1	SAJEEVAN K	06-04-1961	KNR	76.75	0.377735	45.0	50.0	55.0	50.0	12	18.886750	6
2	G OMANAKUTTAN NAIR	28-05-1965	KLM	77.40	0.375182	35.0	37.5	X	37.5	9	14.069325	7
Master 3 - 93kg												
1	GIRISH KUMAR PS	28-05-1962	KKD	84.90	0.350367	70.0	80.0	85.0	85.0	12	29.781195	4
Master 3 - 105kg												
1	AJITH S NAIR	28-04-1963	ALP	96.20	0.324511	100.0	110.0	120.0	120.0	12	38.941320	1 

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	AJITH S NAIR	ALP	105kg	96.20	0.324511	120.0	38.941320
2	EDACHERY MOHAN	KNR	66kg	59.30	0.489694	67.5	33.054345
3	PRADEEP KUMAR V K	KNR	59kg	48.55	0.657215	47.5	31.217713

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	48	12+12+12+12	103.573258
2	ALAPPUZHA	12	12	38.941320
3	KOZHICODE	12	12	29.781195
4	KOLLAM	9	9	14.069325

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 4 - 59kg												
1	K.C SREENIVASAN	28-08-1950	EKM	56.00	0.527336	77.5	82.5	85.0	85.0	12	44.823560	1 
Master 4 - 66kg												
1	N PREMACHANDRAN NAIR	12-04-1952	EKM	64.50	0.444521	80.0	85.0	87.5	85.0	12	37.784285	2 
Master 4 - 74kg												
1	KRISHNAKUMAR M. V.	23-05-1953	EKM	67.30	0.425335	60.0	65.0	65.0	65.0	12	27.646775	3 
Master 4 - 83kg												
1	UTHAMAKUMAR K	01-01-1954	ALP	82.30	0.358101	65.0	70.0	70.0	70.0	12	25.067070	4

Best Lifter - Master 4							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	K.C SREENIVASAN	EKM	59kg	56.00	0.527336	85.0	44.823560
2	N PREMACHANDRAN NAIR	EKM	66kg	64.50	0.444521	85.0	37.784285
3	KRISHNAKUMAR M. V.	EKM	74kg	67.30	0.425335	65.0	27.646775

Team Championship - Master 4				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	36	12+12+12	110.254620
2	ALAPPUZHA	12	12	25.067070

Abbreviations:

ALP = Alappuzha EKM = Ernakulam KNR = Kannur KSD = Kasaragod KLM = Kollam KTM = Kottayam KKD =
Kozhikode PKD = Palakkad TVM = Thiruvananthapuram TCR = Thrissur WYD = Wayanad